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Paxton B-day message: Enjoy, honor, look ahead

As we gather aboard the Depot and throughout the Western Recruiting Region to celebrate the 229th birthday of our beloved Corps, I offer my congratulations and best wishes to all the Marines of this storied command. The legacy of those many fine Marines who have gone before us has set a high standard; a standard entrusted to us to recruit, to train for and to personally maintain; a standard our nation has come to expect and respect.



FROM
THE
CG

Since our inception, when the Second Continental Congress created a Corps of Marines to defend the nation and to fight for liberty and democracy, we have represented and advanced our founding fathers' ideals and interests at home and

around the globe. For over two centuries, our Corps has been synonymous with the highest virtues of loyalty, service and determination as well as with military efficiency and war fighting spirit. From the Barbary Coast to the far reaches of the Pacific, on the snowcapped mountains of Korea, in the sweltering jungles of Vietnam and across the vast Arabian desert, our Marines have exemplified the values of honor, courage and commitment ... the cornerstones of the individual Marine and of our Corps. They have done so magnificently in peacetime and in conflict alike.

As we celebrate our proud history, enjoy our rich traditions, and honor those who have gone before us, let us also look ahead. This is particularly important as we enter the third year of our Global War on Terror-

ism and as fellow Marines continue to fight and sacrifice in Iraq and Afghanistan. Those courageous individuals who sacrificed with blood and sweat, both past and present, embody Major General Lejeune's "eternal spirit that animates our Corps." That spirit is not in word or in print; but rather it is emblazoned in the heart of each of us. That spirit is also the touchstone that binds us together - former Marines, present Marines, and future Marines. Let us therefore continue, on this our 229th birthday, all those traditions that will kindle that eternal spirit, and light our way and direct our steps into our bright future.

Today, the men and women who serve our Corps are dedicated, intelligent, and faithful - the best America has to offer, the next greatest generation. Together with

our families, our Navy shipmates and our civilian employees, we continue to forge an unbeatable team. As we celebrate our 229th birthday, let us reflect on our past, enjoy our current camaraderie and look eagerly into the future. Let us rejoice in our Corps' timeless spirit. Let us also reconnect ourselves to recruiting and training the best our nation has to offer to join us on our Corps' journey. This is our day, Marines. Celebrate with pride! Everyday is a holiday, every meal is a banquet and every formation is a family reunion! Happy birthday and Semper Fidelis!

J. M. Paxton Jr.

J. M. Paxton Jr.
Brigadier General, U.S. Marine Corps

Trainer wants to stop confusion about fitness

BY CPL. SHAWN M. TOUSSAINT
Chevron staff

One of every four Americans is overweight or obese, yet many want to look, feel and perform better in their everyday lives. But sadly, the majority of Americans are looking for a quick fix for wellness, nutrition and exercise, said Kenny Young, a personal trainer from Marine Corps Community Services.

Young's "Stop the Confusion" seminar Oct. 27 at Phillips Hall taught lessons about healthy eating choices, reading food labels, diet myths, and performance supplements.

Young said confusion evolved from high-dollar marketing programs of food, diet, and sports supplement companies that promote "quick-fix" solutions. For instance, many marketing strategies have led people to follow the carbohydrate craze. Young said major restaurant franchises jumped on the low-carb bandwagon when people started counting the carbohydrates, and their sales began to drop.

In Young's straightforward approach to nutrition and fitness, he uses information from

SEE **Stop**, pg. 2

SWAMPED!

MP rescues woman from flood; 3 cars lost at depot's main gate



James Birdsell, a San Diego Lifeguard Service river rescue worker, surveys the flooded subway that claimed three vehicles near Marine Corps Recruit Depot San Diego's main entrance Oct. 27. As rains died and flood levels dropped, Birdsell helped wreckers and police officials retrieve the cars.

BY STAFF SGT. SCOTT DUNN
Press chief

A military policeman finishing a 12-hour shift rescued a civilian employee after she drove her car into a flooded subway early Oct. 27, about 300 feet from Gate 4, the depot's main entrance.

Rosa Maria Miranda, a new scullery worker at the recruit mess hall, said she would have drowned if Lance Cpl. Daniel Walker, 27, did not come to her aid. Miranda began employment one month ago.

SEE **Flood**, pg. 7



A car shows its roof under the Witherby Street subway leading to the depot. Staff Sgt. Scott Dunn/Chevron photos



HAPPY 229th BIRTHDAY MARINES!

Learn the history of celebrating this proud occasion.



5

November

**NATIONAL
AMERICAN
INDIAN
HERITAGE
MONTH**



International wives shop MC exchange

BY PFC. DORIAN M. GARDNER
Chevron staff

Shopping bags bulged when international wives from the Defense Attaché Spouses Orientation Program stopped by the Marine Corps Exchange Oct. 27 for an afternoon of shopping.

The Defense Intelligence Agency has organized the program to help diplomatic and military spouses understand how the U.S. military operates. The program also gives these ladies the opportunity to see a small part of America, said Defense Intelligence Agency director Vice Adm. L. E. Jacoby.

More than 70 participants from 32 countries represented the program. They live in Washington, D.C., while their husbands attend to military duties.

"I love the program. I have never been around a better group of ladies," said Maria Giannopoulou, Greece.

In addition to their depot visit, the



Binnur Karatas, Turkey, shops for purses during the Defense Attaché Spouses Orientation Program visit. *Pfc. Dorian M. Gardner*

spouses visited military installations in Nebraska, Nevada, Maryland and Southern California.

"San Diego is a very beautiful city," said Binnur Karatas, Turkey. "I have been here once before. I hope to come again."

Other program highlights have included dinner cruises and aircraft exhibits.

Stop, from pg. 1
the American Red Cross, the American Heart and Lung Association and other organizations that offer free advice on such issues. Meanwhile, the weight-loss industry makes more than \$50 billion a year.

"Consumer reports found that there is more dissatisfaction in the diet industry than in any other they have ever researched," said Young. "Their goal is to make you believe you can lose weight without effort or exercise, and they are winning."

Young offers three simple steps a person can take to stop the confusion: eat the right foods; do moderate aerobic exercises, and do resistance training.

"The class was interesting," said Lance Cpl. David Wilson, finance clerk, dispersing center. "It brought a whole new light on about how we eat and how we train."

"The class was very informative about health issues and exercise programs on losing weight, and staying healthy," said Sgt. Roberto A. Jovel, travel clerk, Traffic Management Office. "I especially enjoyed the information we received about pre- and post-workout drinks. Now I know what to look for before purchasing a supplement, and I am aware of the potential risks of taking too much of certain supplements."

For the workout gurus gulping down

protein drinks before workouts, Young recommends something with no more than 21 grams of protein because that is all your body can use during a single feeding. Anything more is simply a waste of money, and too much protein can cause kidney and liver problems. Young also said if people are going to use protein supplements – whether buyer-blended or prepackaged – they should ensure it has a carbohydrate balance to match the proteins to maximize the effectiveness of the protein.

Perhaps the most startling of the seminar's topics was reading food labels.

"I had no idea that a can of soda has almost three-quarters of a cup of sugar in it!" said Jovel. "After discovering what we learned about real peanut butter and the peanut butter that uses partially hydrogenated oils, I was extremely happy that I was raised on the real stuff."

After his class, Young opened up for health and fitness questions.

"The main goal of this class is to teach people there are no quick fixes when it comes to health and fitness," said Young. "What we are striving for is a change in lifestyle that will allow a person to lead a healthy, vibrant life."

Those interested in leaning more about Young's "Stop the Confusion" seminars, should call the fitness center at (619) 524-4428.

Marines, community get muddy for 'Tots'

BY STAFF SGT. SERGIO JIMENEZ
Los Angeles Public Affairs

In most communities, playing in the mud is highly discouraged, unless of course, it is done to benefit Toys For Tots.

The Marine Corps League, in collaboration with the Marines and the city of Bakersfield, Calif., kicked off the community's largest event of the season with the eighth running of the 10K Volkslauf: "The Ultimate Challenge" Mud Run Oct 16.

The event raised approximately \$15,000 dollars for Toys For Tots and other charities, according to 1st Sgt. Robert W. Breedon, company first sergeant, inspector & instructor, Bulk Fuel Company A, 6th Engineer Support Battalion, based in Bakersfield.

Retired Gunnery Sgt. R. Lee Erme, host of the television show Mail Call on the History Channel, but best known for his taciturn portrayal of drill instructor Gunnery Sgt. Hartman in Stanley Kubrick's Full Metal Jacket, served as the guest of honor.



R. Lee Erme, host of the television show "Mail Call" on the History Channel, but best known for his taciturn portrayal of drill instructor Gunnery Sgt. Hartman in Stanley Kubrick's Full Metal Jacket, surveys the crowd. Erme was the Volkslauf guest of honor.



A Marine gets muddy for "Tots" during one of the many obstacles of the 10-kilometer Volkslauf: The Ultimate Challenge in Bakersfield, Calif., Oct. 16. *Staff Sgt. Sergio Jimenez/LA PAD photos*

Marines, In addition to your Combined Federal Campaign contribution this year, there is another new fund that missed the deadline for inclusion in this year's CFC booklet. This is a separate charity donation from your CFC contribution this year.

The San Diego CFC coordinator has blessed this fund; therefore, I want to alert you to this most-deserving fund. And know that if every Marine just gave something, then you would directly benefit our local Marines recovering from Operation Iraqi Freedom injuries at Naval Medical Center San Diego (Balboa).

Please read the following article and consider a contribution to support your fellow injured Marines. We have inpatients arrive daily from OIF II with various injuries, and if you place yourself in their situations, you know that having family near to support you and take care of you while you recover is the greatest gift one could hope for. Unfortunately, many family members cannot afford to fly to California, pay for taxi travel or rent a car, food, lodging, child care, etc. to be with their injured Marine.

That's where your contribution comes in and provides immediate financial assistance during this hard time. Please give to your fellow Marines in need.

*Maj. Charles E. Fuller,
Commanding Officer,
Headquarters Company,
Headquarters and Service Battalion*

Wills, estate planning depend on individual's situation

LEGAL

Legal Assistance Office

Because of the continuing Global War on Terrorism, Navy and Marine Corps units are deploying on a regular basis. Before deploying, one issue that often arises is whether or not the sailor or Marine needs a will.

Note that a will is not necessary depending on your personal situation. The most important factors to consider are marital status and whether you have any children.

SINGLE

Single Marines and sailors may not need a will. As previously mentioned, every state has laws designating who will inherit your property if you should die without a will. Typically, if you are single and do not have a will, the law designates your parents or siblings as primary beneficiaries. Your property will not be left to the state just because you do not have a will.

Even if you are single, however, having a will is recommended under three circumstances:

You may want to make a specific bequest. This means you want to give a certain piece of property or collection to a specific person. Examples of specific bequests are: "I leave my car to my brother John," and "I leave my gun collection to my friend Jake."

You may want to make a cash bequest. This means you want to leave a certain amount of money to a specific person. For example, if you want to leave \$200 to your cousin Ryan, this is a cash bequest and would need to be spelled out in a will.

You may want to disinherit a family member or give a portion of your property to someone who is not a family member. In most states, if you are single and die without a will, your property will pass to your parents in equal shares (50 percent to mom and 50 percent to dad). If your parents have already passed away, depending on the state, your brothers and sisters or your grandparents could inherit your estate. If you do not want this to happen, you should write a will.

MARRIED

If you are married, it is highly recommended that you and your spouse have a will. Having a will could save your spouse weeks or even months of court hassles and allow him or her to have access to your estate much more quickly.

CHILDREN

If you have children, it is highly recommended that you and your spouse have a will. Most importantly, a will allows you to name the children's guardian. A guardian is the person or people who will have physical child custody if something were to happen to both parents. You can name one person to be the guardian, or you can name two people to be co-guardians. Additionally, you can establish a trust for your children. When you establish the trust, you can designate who will be the trustee. The trustee is then required by law to manage the trust property in the best interest of the children until they are no longer minors. Moreover, you can determine the age at which children can obtain the money and whether the trustee will have the ability to access the money for the benefit of the children. Additional details can be obtained from your legal assistance officer.

Injured Marine Semper Fi Fund misses CFC deadline, but contributors can still help recovering warriors

Today more than 174,000 active duty and 37,000 reserve Marines protect the United States of America. A significant percentage of them deploy overseas to bravely serve our nation in hotbeds of violence like Iraq and Afghanistan. In today's aggressive operational tempo, those not already forward deployed in combat zones are training in preparation for upcoming deployments. The Global War on Terrorism, most notably Operation Iraqi Freedom and Operation Enduring Freedom, have resulted in a sharp increase in injuries. Though training accidents still exist, severe combat injuries occur almost daily. In fact, Department of Defense statistics indicate 1,168 Marines wounded in Operation Iraqi Freedom from March 19, 2003 through June 26.

These battle-injured heroes are returned to the United States after being stabilized at military hospitals in Germany. Upon arrival in the United States, initial critical care is typically provided at the National Naval Medical Center in Bethesda, Maryland. Depending on the type and severity of the injuries, initial or continued hospitalization may occur at other military, civilian, or veteran hospitals located throughout the United States. Hospital stays can extend for months and follow-on rehabilitative care for years.

Injury to a Marine causes an im-

mediate crisis for their entire family. Loved ones will travel at a moment's notice, and often a great distance, to be at the bedside of their wounded Marine. These hospital stays are almost never short. While they support their Marine, families stay in hotels, drive rental cars, pay for three meals a day and incur numerous additional living expenses. These circumstances create an unexpected financial hardship during what is already a stressful time.

The Marine Corps goes above and beyond to support Marines and their families, but there are limits to the amount of funding available to accommodate the families of injured Marines. The Marine Corps can only provide financial assistance to two family members for a limited period of time. However, Marines typically need the support of more than two individuals over the course of their recovery. For example, a young married Marine with a wife and two small children may at first require the support of his spouse. Eventually the Marine's spouse must return home to care for the children and parents may step in to provide comfort to the injured Marine. As time passes, Mom and Dad may need to return to work and a sibling may arrive until the spouse can return again. Defense Department funding is not available to extended family members or for the reimbursement of expenses for rental cars, long-

term child care, or lost income.

May 18, 2004, a small group of concerned Marine Corps spouses founded the Injured Marine Semper Fi Fund to provide financial assistance nationwide to individual Marines and sailors and families of those injured serving our nation.

The Injured Marine Semper Fi Fund provides financial grants and other resources to injured Marines, sailors, and their families. The fund works closely with the Marine Corps and military hospitals nationwide to identify and assess the needs of specific families. Its goal is to provide immediate and real financial assistance to Marines, sailors and their families during this extraordinarily stressful time. The hope is that by alleviating the financial stresses of Marines and sailors, they and their families can focus on the important job of physical and emotional healing.

FUND SPECIFICS: The Injured Marine Semper Fi Fund is a 501(c)(3), Tax ID Number: 26-0086305; tax-exempt organization and all donations are tax deductible.

Injured Marine Semper Fi Fund
825 College Boulevard Suite 102
PMB 609
Oceanside, CA 92057

Source: Injured Marine Semper Fi Fund

WHAT IS A WILL?

A will is a legal document that takes effect when an individual dies. The primary purpose of the will is to dispose of property after the service member's death, according to his or her desires.

A will allows the service member to make important decisions regarding to whom his or her property will be distributed; how his or her estate will be shared among beneficiaries; who will serve as the administrator of the estate; and who will serve as guardian of any children.

When an individual dies without a will – intestate – his or her estate is distributed according to the laws of the state where the deceased individual lived or where the property of the deceased is located.

Typically, state laws distribute property to the deceased's closest living relatives. A will, therefore, prevents the distribution of property from being governed by more than one state and allows the service member to make his or her own decisions regarding the distribution of their property.

Deciding whether or not to draft a will is very important. If you have any questions, please visit the Legal Assistance Office to speak with one of our attorneys. The legal assistance attorneys can help you decide whether you need a will, and if necessary, draft a will that suits your personal situation.

CHEVRON
ESTABLISHED 1943

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Cammies in order

Depot Marines and sailors have begun wearing the utility uniform Saturdays through Wednesdays and the Summer Service “C” uniform Thursdays and Fridays. During weeks in which there is no recruit graduation, the utility uniform will be worn the entire week.

Personnel will wear the woodland utility uniform from November through April and the desert utility uniform from May through October.

Prevention and Relationship Enhancement Program

One-day workshops for the PREP program Fiscal 2005 are available every other month (Dec. 1, Feb. 16, April 27, June 22, Aug. 24) Wednesday from 8 a.m. to 4:30 p.m. at the Education Center, Bldg. 111.

PREP teaches couples how to communicate effectively and work as a team to preserve and enhance love, commitment and friendship, as well as solve problems and manage disagreements. Active duty members and their spouses or fiancés, as well as civilian depot employees, are invited to attend. Priority will be given to active duty members and their spouses or fiancés.

Space is limited, and child care is available. Please sign up no later than one week before a workshop.

For more information, call the Family Team Building office at (619) 524-0916 or (888) 718-3027.

Retiree Seminar

The Retired Military Personnel Seminar and Resource Fair will be held at McDougall Hall here from 8:30 a.m. to 2 p.m. Nov. 6. The seminar will address legislative updates and other information relevant to the retired military community. There will be approximately 1,500 retired military personnel and families from all branches of the service.

Toys for Tots

Each year the Marine Corps Reserve fulfills the Christmas dreams of millions of the nation's neediest children. Sadly, gifts always run out long before we run out of children. Please help your fellow Marines, who conduct the annual Toys for Tots Program, by donating to the Marine Toys for Tots Foundation. Look for us in the Children's Charities Section of the Combined Federal Campaign No. 1591.

Sportsman's Club

The Sportsman's Club of Camp Pendleton, Calif., is now open to depot personnel, active duty, retirees, reservists and Department of Defense employees. The club promotes and enriches hunting, fishing and other outdoor activities. Officials hold club meetings the second Tuesday of every month at Building 25264 at Marine Corps Base Camp Pendleton at 6:30 p.m. For more information, check out the club Web site at <http://thesportsmanclub.netfirms.com>, call Master Sgt. John Cullen at (760) 725-7537 or e-mail him at cullenjr@pendleton.usmc.mil.

Photo contest

The deadline for the 43rd Annual Naval and Maritime Photo Contest is Dec. 31. The contest, sponsored by Navy Federal Credit Union, recognizes outstanding photographers for their work on a naval or maritime theme.

Photos must be of a naval or nautical subject, not limited to calendar year of contest. Winning photographs have ranged from a dory at Mystic Seaport to Marines on ship.

The contest is open to both amateur and professional photographers. Winning photographs will be published in the April 2005 issue of Proceedings magazine.

Winners will also receive a one-year membership in the Naval Institute, and the following cash prizes: First place: \$500, second place: \$350, third place: \$250, honorable mentions: \$100 (15 awards).

Go to www.navalinstitute.org and select Contests on the site map for complete contest rules.

Leaders requested to promote climate survey

The Marine Corps Climate Survey is a Marine Corps-wide survey that measures perceptions of organization and command climate, as well as experiences of discrimination and sexual harassment. The survey is sponsored by the Manpower Equal Opportunity Branch, Manpower Plans and Policy Division, Manpower and Reserve Affairs Department, Headquarters U.S. Marine Corps.

The success of efforts in evaluating these areas depends on the individual Marine, regardless of rank, ethnicity or gender.

Approximately 11,000 active duty Marines and 9,000 Marine reservists have been randomly selected to participate in the survey. For the data to be valid, it is important that those Marines complete and return it.

Responses to the survey will be analyzed for differences among ethnic groups, between male and female Marines and between officers and enlisted personnel.

Leaders at all levels are asked to support this effort by encouraging those Marines randomly selected to participate and complete the survey. The survey addresses important issues that affect all Marines, and their quick response will ensure their opinions are reflected in the findings.

Depot blood drive and safety stand down

There is a blood drive and safety stand down Nov. 23 at McDougall Hall. The blood drive starts at 11 a.m. and ends at 3 p.m.

Mexico border area liberty policy violation update

The San Diego Police Department routinely conducts Operation Safe Crossing with the help of various local law enforcement agencies. Operation Safe Crossing is designed to deter underage drinking in Tijuana, Mexico.

All military personnel without their armed forces identification cards will be denied entry into Mexico.

San Diego police will arrest any people regardless of age coming back from Tijuana, who are too intoxicated to take care of themselves. Commander Navy

Region Southwest Border Shore Patrol will maintain a visual presence and assist SDDPD upon request in handling or taking custody of any military personnel.

Mexico liberty policies

Marine Corps Regional Order 1050 requires that all Marines E-3 and below have an out of bounds chit to go to Mexico. Regional order 1050 applies to all Marine personnel E-3 and below assigned here.

For more information, senior enlisted personnel and officers may contact Mac Celso Rubalcaba via e-mail at rubalcaba.celso@otc.cnrsw.navy.mil or (619) 428-2427/1318.

Operation Homecoming

Operation Homecoming will run through Veteran's Day, allowing returning service members and up to four direct dependents, a one-time, free entry to one of the Sea World, Busch Gardens or Sesame Place parks. The offer provides for one visit to one park only.

Proof of deployment or overseas service is required along with a valid Department of Defense identification and completed application form. Application forms will be available on-line and at park front gates.

Submit possible Chevron briefs via e-mail to edward.guevara@usmc.mil. The Chevron staff reserves the right to publish only those briefs that comply with Department of Defense regulations and the standards and regulations of the U.S. Government.



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Unrenowned facts about famous birthday celebration

The U.S. Marine Corps begins preparations for its “birthday party” every summer. Activities become more feverish as the fall hues arrive. By early November, every Marine is either rehearsing his role in the “party” or pressing, polishing, and spit shining in order to appear at his or her best for the birthday ball. This has not always been the case, however. In fact, Marines have not always celebrated their founding on Nov. 10.

Formal commemoration of the birthday of the Marine Corps began on Nov. 10, 1921. That particular date was chosen because on that day the Second Continental Congress resolved in 1775 to raise two battalions of Continental Marines.

Until 1921, the birthday of the Corps had been celebrated on another date. An unidentified newspaper clipping from 1918 refers to the celebration of the 120th birthday of the Marine Corps on July 11 “as usual with no fuss.” It is doubtful that there was any real celebration at all. Further inspection of documents and publications prior to 1921 shows no evidence of ceremonies, pageants, or parties. The July date was commemorated between 1798 and 1921 as the birthday of the Corps. During the Revolutionary War, Marines had fought on land and sea, but at the close of the revolution, the Marine Corps and the Navy were all but disbanded. On July 11, 1798, President John Adams approved a bill that recreated the Corps, thereby providing the rationale for this day being commemorated as the birthday of the U.S. Marine Corps.

On October 21, 1921, Maj. Edwin McClellan, officer-in-charge of Headquarters Marine Corps’ historical section, sent a memorandum to Commandant of the Marine Corps Maj. Gen. John A. Lejeune, suggesting that the original birthday on Nov. 10, 1775 be declared a Marine Corps holiday to be celebrated throughout the Corps. McClellan further suggested that a dinner be held in Washington, D.C., to commemorate the event. Guests would include prominent men from the Marine Corps, Army, and Navy, and descendants of the Revolutionary War.

Accordingly, on Nov. 1, 1921, Gen. Lejeune issued Marine Corps Order 47, Series 1921. The order summarized the history, mission, and tradition of the Corps, and directed that it be read to every command on Nov. 10 each subsequent year in honor of the birthday of the Marine Corps. This order has been duly carried out.

Some commands expanded the celebration during the next few years. In 1923 at Fort Mifflin, Pa., the celebration of the Marine Corps’ 148th birthday took the form of a dance in the barracks that evening. Marines at the Navy Yard, Norfolk, Va., staged a sham battle on the parade ground in commemoration of the birthday. The battle lasted about 20 minutes, and was witnessed by Portsmouth and Norfolk citizens. At Naval Station Guantanamo Bay, Cuba, the birthday was celebrated on the 12th, since a special liberty to Santiago had been arranged on the 10th. The morning activities included field and water sports, and a shooting match. In the afternoon, the Marines won a baseball game, 9-8, over a Cuban team. In the evening, members of the command put on a variety show followed by four boxing bouts.

The first so-called “Birthday Ball,” such as suggested by Maj. McClellan, was probably held in 1925 in Philadelphia. No records have been located of one prior



Illustration by Staff Sgt. Scott Dunn and Cpl. Samuel B. Valliere

to 1925. Guests included the Secretaries of War and Navy, Maj. Gen. Lejeune, famous statesmen, soldiers, and sailors. The principle event was the unveiling of a tablet on the site of Tun Tavern in Philadelphia. The tablet was a gift from the Thomas Roberts Reath Post, American Legion, whose membership was composed exclusively of Marines. The celebration was held in conjunction with the annual convention of the Marine Corps League. A parade included Marines, Regular Army, and Navy detachments, National Guard, and other military organizations. The evening banquet was held at the Benjamin Franklin Hotel and a ball followed at the Bellevue-Stratford.

It is not possible to determine precisely when the first cake ceremony was held, but the first on record was held at Marine Barracks, Washington, D.C., in 1937. Commandant Maj. Gen. Thomas Holcomb presided at an open house for Marine Corps officers. Ceremonies included the cutting of a huge cake designed after the famous Tun Tavern.

From 1937, observances of the Marine Corps Birthday appeared to develop

spontaneously throughout the Corps as if they had a life of their own. The celebrations were publicized through every media. Newsreels, motion pictures, and displays were prepared to summarize the history of the Corps. In 1943, standard blank Marine Corps scrapbooks were forwarded to all districts to be filled with 168th anniversary clippings, scripts, pictures, programs, and other memorabilia, and returned to Headquarters. Unfortunately none of these scrapbooks remain in official files.

In 1951, a formal birthday ball pageant was held at Headquarters Marine Corps. Similar to the pageant today, the script described the Marines’ period uniforms and the cake ceremony.

In 1952, Commandant of the Marine Corps Gen. Lemuel C. Shepherd Jr., directed that the celebration of the Marine Corps Birthday be formalized throughout the Corps, and provided an outline for the cake ceremony, as well as other formal observances. This outline was included in the Marine Corps Drill Manual, and approved in 1956.

Traditionally, the first piece of birth-

day cake is presented to the oldest Marine present, and the second piece to the youngest Marine present. When and where this tradition began remains unknown. Some records indicate this practice, and others vary it depending on the dignitaries present at the ball. First pieces of cake have been presented to newlyweds, the Secretary of the Navy, governors, and others, but generally speaking, the first pieces of cake go to the oldest and youngest Marines at the ball.

At present, celebrations of the Marine Corps Birthday on Nov. 10 differ at posts and stations throughout the Corps. All commemorations include the reading of Marine Corps Order 47, and the Commandant’s message to those assembled. Most commands sponsor a birthday ball of some sort, complete with pageant and cake ceremony as prescribed in the Marine Corps Manual.

Like the Corps itself, the birthday ball developed from simple origins to become the polished, professional function that all Marines commemorate on Nov. 10 around the world.

Source: Marine Corps Historical Division



Wrecker Miguel Velasquez comes up for air after hooking a swamped vehicle to his tow truck. After swimming in the polluted water and readying his wench, Velasquez had to unhook the car because it was the wrong one.



As rains let up and the subway drains, the first of three cars appears. The road flooded at 4 a.m. and reopened in the evening.



After early, heavy rains, the Witherby Street subway to the depot's Gate 4 floods to the 8-foot marker at the subway's entrance.



Lance Cpl. Daniel Walker, 27, a Marine Corps Recruit Depot military policeman, talks to TV reporters after he rescued Rosa Maria Miranda from her car, which submerged in a flooded subway under eight feet of water.



River rescue worker James Birdsell helps retrieve vehicles lost in the flooded subway.

(Left) Rosa Maria Miranda stands by the spare tire she salvaged after driving her Ford Focus into a flooded subway early Oct. 27 near Marine Corps Recruit Depot San Diego's main entrance. After the car sank, its trunk popped open and emptied the spare and other belongings. Lance Cpl. Daniel Walker rescued Miranda, a depot employee. She said she would have drowned if Walker did not come to her aid because she can't swim. Staff Sgt. Scott Dunn/Chevron photos

Flood, from pg. 1

According to Walker, around 4 a.m., a car stalled in the flooded subway. The driver safely exited her car and approached Walker at Gate 4. About 20 minutes later, Walker heard another woman screaming.

"At first, I didn't know what was happening," said Walker. He said a woman was yelling, "Help me! Please, help me!"

Witnesses from the nearby Vietnam Veterans of San Diego shelter, whose residences and office spaces suffered flood damage, said they heard the same distress.

With streetlights on inside the Witherby Street subway below Pacific Highway, Walker said all he could see was Miranda holding her purse sitting on water. She was actually on the roof of her Ford Focus, which was submerged in six feet of water. When she had driven in the water, the engine died and the car began floating. Miranda said she climbed out when she felt water around her ankles.

Walker called for backup and MPs arrived to man the gate. With rain pouring, Walker, a husband and father, removed his police gear, swam to a frantic Miranda, and tried to calm her.

"(Lance Cpl. Walker) kept talking to me and telling me to relax," Miranda told local TV reporters through Spanish interpreter Lance Cpl. Oscar Gonzalez-Millan. "He saved my life. Without him, I would have drowned because I don't know how to swim. I thank God and Daniel for helping me."

Walker said there was no technique to his rescue: "She grabbed on, choking me. I thought, 'I guess we're doing it this way,'

He said a Samaritan proclaiming to be an off-duty paramedic approached the water on the other side of the rising flood, but Walker told him to get back.

The shortest distance to safety was across the water from Gate 4, so Walker swam until he touched bottom and carried Miranda to solid ground.

Other than enduring some cold temperatures, military police said Miranda and Walker suffered no injuries. Police placed Miranda in a heated police car with some blankets and returned to the depot.

"Being at my post – being an MP, being a Marine – we're first responders. That's our job," said Walker. "I just thought someone needed help, and I was the man on duty."

The flooded subway claimed three vehicles despite flashing signs warning motorists that it is "subject to flooding." A measuring stick indicated water levels as high as eight feet at the tunnel's mouth, and towing companies, local police and river rescue personnel helped recover the damage vehicles as rain and flooding subsided.

The National Weather Service reported 2.7 inches of rain Oct. 27 at neighboring Lindbergh Field, bringing October's rain total to more than 4.5 inches, a record high. According to news reports, San Diego recently marked a record 181 days without measurable precipitation.

The depot was built on marshland in 1919, and because the subway is at sea level less than two miles from San Diego Bay, locals think the combination of high tide and sludge moved by sudden, infrequent rains impairs drains and overworks pumps.



A Marine from Marine Corps Air Station Miramar, Calif., scales one of the 50 obstacles.



Christopher McDaniel, left, and Danny Martinez, poolees from the Marine Corps Recruiting Substation Bakersfield's Delayed Entry Program, help fellow poolee Miguel Sanchez over an obstacle.



A Marine stays above water through the final obstacle, euphemistically known as "Happy Valley," a deep water-filled trench, during the annual 10-kilometer challenge in Bakersfield, Calif. Staff Sgt. Sergio Jimenez/LA PAO photos

Mud, from pg. 2

"The crowd ate it up," said Breedon. "He electrified the runners and brought that element that had been missing from the race," he said.

Throughout the race, Erme lambasted the lazy and mocked those whom he called "sand-baggers," picking them out from a crowd and calling them out. "Hey you with the black shirt! Yeah, I'm talking to you! Oh, don't make any effort to get over that obstacle."

In between skewerings, Erme motivated and praised those he thought were running their hearts out and gave out praise grudgingly, so as not to be confused with being a nice guy. Often, in a split second, his persona went from "Obi Wan" to "Darth Vader" faster than it took runners to wipe the mud and spit from their face.

If Erme's verbal abuse wasn't enough challenge for runners, the course had plenty more to give them. Runners had to overcome a course that Kevin Peaker, a Bakersfield resident and four-time racer, described as "six miles on steroids."

Since its inception, the 6.2-mile Volkslauf has been called one of the most grueling tests of individual physical and mental endurance. To survive and claim victory, participants had to slish and slog through five million gallons of water, mud and more than 50 obstacles like the half-mile long, 4-foot deep, 8-foot wide twisting, turning, mud-filled trench aptly named Devil Dog's Ditch. Runners also had to cross hurdles and berms, low-crawl through tunnels and pits, rise over ladders, and advance over swings and rope climbs to reach the final obstacle called "Happy Valley," a slow and nightmarish quarter-mile slog through waist-deep water and two feet of mud as thick as molasses.

"There is no tougher mud run," said Breedon. "Those who race are guaranteed to walk away a little sore, a little bruised, but very satisfied in their accomplishment," he said.

Peaker agreed. The self-described old man with bad knees said he was terrified the first time he ran Volkslauf four years ago. "Every time I have finished this race I really felt as if I had accomplished something," said Peaker. "I will never fear a regular 10K race again," he said.

Peaker said there is no better place to spend a Saturday morning and that he will continue to race as long as his 46 year-old body and weak knees will let him.

"Mud, water, fear, and humiliation ... what more could you ask for?"

San Diego's top DI earns Corps' '04 honors



Before taking the Corps' Drill Instructor of the Year honors by besting Marine Corps Recruit Depot Parris Island, S.C.'s nominee, Company A's Staff Sgt. Jean-Yonel Ulceus was San Diego's top DI. Sgt. Len Langston/Chevron

BY SGT. LEN LANGSTON
Chevron staff

Coming to the drill field, Staff Sgt. Jean-Yonel Ulceus brought with him a vision: Set a standard that other drill instructors may follow.

Now every DI in the Marine Corps can see the bar.

The Company A DI's standard recently earned him Drill Instructor of the Year. Ulceus beat out the nominee from MCRD Parris Island, S.C., after Marine Corps officials conducted the drill instructor of the year board Monday at Marine Corps Base Quantico, Va.

Humble about his accomplishments, Ulceus said, "It is an honor, but I can't lose sight of what got me here. I'm blessed for being surrounded by great people. You have no choice but to elevate your own style."

Ulceus said DIs must have a passion for what they do, and he has been true to himself and has not emulated just one other person.

Becoming a beacon for others to follow started early for Ulceus, but it took a good mentor to light the way. For that, Ulceus credits the senior drill instructor from his first training cycle.

"He treated me fairly, mentored me and always carried himself in a professional manner," said Ulceus. "Now I try to relay that to my drill instructors."

That senior drill instructor, Staff Sgt. Darnell T. Richardson, now the personnel chief at the Consolidated Personnel Administration Center here, recalls Ulceus's motivation.

"He had a vision," said Richardson. "He

didn't want to be a basic drill instructor."

Richardson said he was impressed by the new drill instructor.

"As an experienced drill instructor, I still learned from his work ethic and hunger for the drill field," said Richardson.

Born in Port-Au-Prince, Haiti, and later moving to Long Island, N.Y., Ulceus joined the Marine Corps when he was 19 years old. He has served for 10 years and has been married for eight. He has a son and a daughter.

Ulceus has earned several recognition awards while on the drill field: MCRD San Diego DI of the Year, Senior DI of the Quarter, DI of the Quarter, Dan Daly Award for best new DI, Gunnery Sgt. Nichols Award for most outstanding senior DI, and Band of Brothers Award for best DI team.

"I am excellent with working with other Marines and always had a good, professional working relationship with my Marines," said Ulceus.

Hard work, passion and preparation placed Ulceus above all other drill instructors, but he maintains that he is no better than the others.

His first sergeant says Ulceus is a shoe-in for becoming a chief drill instructor.

"It wasn't a hard choice to make him a senior drill instructor. Now I have no problem in making him a chief," said 1st Sgt. Carlos A. Reina, Company A. "He's an outstanding Marine."

Ulceus hopes to take his experience and become an instructor at Drill Instructor School.

"Being a Marine is accepting challenges," said Ulceus, "You have to keep the focus on training recruits and have everything else revolve around that."



Pvt. Jeff Mahaffey, Platoon 1009, gave his older brother Jacob the idea to join the Marines with him. Mahaffey said having big brother in boot camp is great. Lance Cpl. Jess Levens/Chevron photos



Pfc. Jacob Mahaffey, a Platoon 1009 scribe, calculates test scores from Company A's practical examination test Oct. 28 at Burke Hall.

BY LANCE CPL. JESS LEVENS
Chevron staff

Jacob Mahaffey's life was at a standstill. Full-time work as a pizza guy and three years of seemingly meaningless college wasn't cutting it. Day-in, day-out, it was the same thing in Kewanee, Ill. He was stuck in the normalcy of his insipid small-town life.

"I was just sitting around the house thinking my life was going nowhere," said Jacob. "Then something clicked. Jeff just graduated high school and was always talking about the Marines and how he couldn't wait to go to boot camp."

Big brother Jacob decided to join his 18-year-old baby brother Jeffrey's pilgrimage into the Corps.

"It seemed like a great idea," said 21-year-old Jacob. "I wasn't doing anything important at home, and Jeff was just the spark that made me realize it."

Jeff enlisted in December 2003, and only high-school graduation and a summer stood between him and the Corps. Jacob enlisted several months later, and

the brothers shipped out on a buddy program.

"I knew I was going into the military," said Jeff. "I didn't know what branch, but then a Marine recruiter came to my school."

The recruiter set up a Chin-up Challenge. The prize was a Marines key chain for 10 or more pull-ups, and the students lined up to show their stuff.

"I did 18 pull-ups," said Jeff. "I'm not that big, and the bigger, athletic guys got really mad because they couldn't do as many. It was funny, but that's when I decided on the Marines."

Five-foot-10-inch Jeff is no stranger to athletics. He wrestled, played golf, pole-vaulted and ran cross-country. Jacob was an all-state cross-country runner when he was in high school.

The brothers Mahaffey arrived here three months ago for recruit training, and when they joined Platoon 1009, Company A, it wasn't quite what they expected.

"We thought we'd get picked on because we're brothers," said Jacob. "That hasn't happened at all though. I was surprised – in a good way."

"They didn't even know we were brothers until we went up to Camp Pendleton,"

said Jeff. "It's really funny. We have four guys named Martinez in the platoon, and they're not related. But Mahaffey isn't exactly a common name."

The drill instructors realized the relation when they yelled for "Recruit Mahaffey" to report, and they both came running.

Jeff said it's been great having his big brother in boot camp.

"Jacob's a little older and he's more mature," said Jeff. "He helps keep me in line, but it's also nice to just have a familiar face."

We've helped keep each other motivated," Jacob agreed. "It's nice to look across the squad bay and see my brother there. On square-away time, or whenever we get to talk a little, we remind each other of funny stories or great dinners our mom cooked. I have a piece of home here with me. If Jeff wasn't here, I cant imagine how much more homesick I'd be. It's memories and motivation."

The Mahaffeys' drill instructors see them as good Marines, with a positive future in the Corps.

"They are both above-average recruits," said Sgt. Alexander Ferguson, a Platoon 1009 drill instructor. "I made the

older one a platoon scribe because he is mature and organized, and the younger one follows along. They influence each other positively here and I think they've carried each other through."

Jeff graduates today as a private, and Jacob graduates a private first class before he goes to logistics school in North Carolina. Jeff will go to the Infantry Training Battalion, then security forces training in Norfolk, Va. The brothers and life-long friends will split up and fulfill their own destinies in the Corps.

"I want to retire as a Marine," said Jacob. "My step dad is big on saving money for retirement and he said the Marine Corps is a great way to retire. I agree with him."

"As of now, I can't picture myself doing anything else," said Jeff. "I think I'll stay in for a long time, but I'm not 100-percent sure yet."

In most scenarios, the little brother follows his older brother, but now the tables have turned.

"If it wasn't for Jeff joining, I'd probably still be stuck delivering pizza with no degree in the 'hog capitol of the world,'" said Jacob. "I'm glad he is so motivated. It's enough to change my life."

Marine boots line parallel with recreation center bowling balls. The Marines of Finance faced a top-placed Coast Guard team in the Commanding General's Cup bowling tournament. *Cpl. Edward R. Guevara Jr./Chevron*

BOOTS OFF; LET'S ROLL



Coast Guard Petty Officer 3rd Class Scott Sefranka follows through after hurling his bowling ball down the lane, resulting in a spare. *Pfc. Dorian M. Gardner/Chevron*



Sgt. Miguel Gonzalez, Finance, approaches before releasing his ball. *Pfc. Dorian M. Gardner/Chevron*

BY PFC. DORIAN M. GARDNER
Chevron staff

Dozens of spectators gathered at the recreation center to watch Marines, Coast Guardsmen, and sailors compete in the Commanding General's Cup bowling league in its third of six weeks Monday. The team with the best record wins.

Team Finance's early lead in their first 10 frames against number-one ranked Coast Guard 2 had the Coasties playing on their toes, but the Coasties had more rolling experience and were the day's victor after three matches.

Finance captain and high scorer Cpl. Kyle J. Ochoa kept the team close with a three-game total of 463, but he couldn't keep up with Coast Guard high scorer Chief Petty Officer Jack Martincavage who had a total of 479.

Coast Guard Petty Officer 3rd Class Anthony L. Vottero said, "We just came out and bowled the same way we always bowl and just had fun."

In the third match, Finance's Lance Cpl. Ryan P. Glennan stepped up his game for a good team start, but Petty Officer 3rd Class Scott Sefranka did the same.

Though his team lost, Glennan said the league lets him do something fun at lunch and hang out with his buddies.

Coasties rollers said they look forward to defending their ranking next week at the lunch hour. For more information about the CG's Cup, call Rachel Dickinson at (619) 524-0548, or e-mail her at rachel.dickinson@usmcmccs.org.

